









Why eat a variety of colorful fruits and vegetables every day?

Color is proof that—besides vitamins, minerals, fiber, and flavor—your meals and snacks provide powerful phytonutrients. These colorful plant chemicals seem to help the body fight disease, and some help to slow the signs of aging. Choosing different colors also helps you get the 5 to 9 daily servings of fruits and vegetables that your body needs for good health. A plant's color gives a clue to its health benefits. Check out the chart below.

color	some sources	benefits
Blue/ Purple	Purple grapes, dark raisins, plums, blueberries, purple cabbage, dried plums 	May reduce the risk of cancer, heart disease, and complications from diabetes. May help control high blood pressure and slow some effects of aging.
Red	Tomatoes, tomato products (spaghetti sauce, tomato juice, etc.), watermelon, guavas 	May reduce the risk of certain types of cancer.
	Cherries, strawberries, beets, red apples, red onion 	May reduce the risk of cancer, heart disease, and complications from diabetes. May help control high blood pressure and slow some effects of aging.
Dark Orange	Mangos, sweet potatoes, cantaloupe, carrots, apricots, butternut squash 	May reduce the risk of cancer and heart disease. Helps maintain good vision and strengthens the immune system.
Yellow–Orange	Oranges, grapefruit, papaya, nectarines, pears 	May reduce the risk of cancer and heart disease. May strengthen bones and teeth, help the body heal wounds, keep skin healthy, and maintain eyesight.
Yellow–Green	Spinach, collard greens, kiwifruit, romaine lettuce, green peas 	Helps maintain eyesight and may reduce the risk of vision problems common in later life.
Green	Broccoli, green cabbage, Swiss chard, bok choy 	May reduce the risk of cancer and help the body get rid of cancer-causing chemicals.
White	Onions, garlic, leeks, scallions, chives 	May reduce the risk of cancer, heart disease, and infection. May help lower high cholesterol and control high blood pressure.

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Latino Basics

Fresh Salsa



Makes 4 servings
1/2 cup per serving

INGREDIENTS

- 2 tomatoes, chopped
- 1/2 onion, chopped
- 3 jalapeño chiles, finely chopped, seeded if desired
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon salt
- Juice of 1 lime

Nutrition Information Per Serving

Calories: 34
Carbohydrate: 8 g
Protein: 1 g
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 156 mg
Dietary Fiber: 2 g

PREPARATION

1. In a medium bowl, mix all ingredients.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

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Latino Basics

Simmered Beans



Makes 12 servings
1/2 cup per serving

INGREDIENTS

- 2 cups dried beans (pinto, black or pink), rinsed
- 8 cups water
- 1 onion, chopped
- 1 bay leaf
- 1/4 teaspoon salt

Nutrition Information Per Serving

Calories: 115
Carbohydrate: 21 g
Protein: 7 g
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 50 mg
Dietary Fiber: 6 g

PREPARATION

1. Place beans, water, onion and bay leaf in a large pot. Cover and bring to a boil over high heat. Reduce heat to low. Simmer for 1 to 1 1/2 hours or until beans are tender.
2. Remove bay leaf and stir in salt. Cook 15 minutes longer.
3. Top each serving of Simmered Beans with 1/2 cup fresh salsa or store beans in refrigerator for up to three days in a covered plastic or glass container.

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Latino Basics

Tomatillo Salsa



Makes 4 servings
1/2 cup per serving

INGREDIENTS

- 12 tomatillos, husks removed, washed and finely chopped or 2 12-ounce cans tomatillos, drained and finely chopped
- 4 serrano chiles, finely chopped, seeded if desired
- 1 small white onion, finely chopped
- 1/4 cup chopped fresh cilantro
- 1 clove garlic, finely chopped
- Pinch of salt, optional*
- Pinch of sugar, optional*

Nutrition Information Per Serving

Calories: 59
Carbohydrate: 12 g
Protein: 2 g
Total Fat: 1 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 5 mg
Dietary Fiber: 3 g

PREPARATION

1. In a medium bowl, mix all ingredients. Season with salt and sugar, if desired.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

* Not included in nutritional analysis.

Latino Basics

Refried Beans



Makes 4 servings
1/2 cup per serving

INGREDIENTS

- 1 tablespoon vegetable oil
- 2 cloves garlic, finely chopped
- 3 cups Simmered Beans with broth

Nutrition Information Per Serving

Calories: 205
Carbohydrate: 33 g
Protein: 11 g
Total Fat: 4 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 75 mg
Dietary Fiber: 9 g

PREPARATION

1. In a large nonstick pan, heat oil over medium heat. Add garlic and cook 1 minute.
2. Stir in beans with part of the broth. Cook 5 minutes.
3. Cook and stir, adding additional broth and mashing beans lightly with a fork until bean mixture is a thick paste, but not dry.
4. Top each serving of Refried Beans with 1/2 cup tomatillo salsa or store beans in refrigerator for up to three days in a covered plastic or glass container.

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Latino Basics

Corn Tortillas



Makes 0 servings
2 tortillas per serving

INGREDIENTS

- 2 cups masa harina
- 1½ cups warm water

Nutrition Information

Per Serving

- Calories: 139
- Carbohydrate: 29 g
- Protein: 4 g
- Total Fat: 1 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 2 mg
- Dietary Fiber: 4 g

PREPARATION

- Place masa harina and water in a large bowl. Mix with your hands until a soft dough is formed. Add a little more water if the dough is dry or cracks. Add a little more masa harina if the dough is sticky.
- Knead dough about 3 minutes. Form 12 balls of equal size. As you form each ball, cover with plastic wrap to keep it moist.
- Place one ball between 2 baggies or 2 sheets of plastic wrap. Using a tortilla press, flatten the ball to form a 6-inch circle or use a rolling pin to roll out the circle.

Latino Basics

Warming Tortillas



Purchased or homemade tortillas can be warmed in a microwave, in an oven or on a stovetop.

PREPARATION

Microwave

- Wrap as many as 12 tortillas in plastic wrap.
- Microwave on HIGH for 15 to 30 seconds.
- Turn over stack of tortillas. Microwave 15 to 30 seconds longer or until heated thoroughly. Serve.

Oven

- Wrap as many as 12 tortillas in aluminum foil.
- Heat in 325°F oven for 20 minutes or until heated thoroughly. Serve.

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- Repeat step 3, reusing the 2 baggies or 2 sheets of plastic wrap, until 12 tortillas are formed. As you press each tortilla, cover with plastic wrap to keep it moist.
- Heat a griddle or heavy pan over medium heat until hot. Cook each tortilla 30 seconds on one side. Turn over and cook 1 minute. Turn over again and cook 30 seconds longer.
- Place cooked tortillas on a plate or in a basket and cover. Serve.

SERVING SUGGESTIONS

For a serving of vegetables, fill one tortilla with ¼ cup cooked vegetables and ¼ cup salsa.

Stovetop

- Heat a griddle or heavy pan over medium heat.
- Warm tortillas for 5 seconds on each side or until heated thoroughly. Serve.

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Latino Basics

Fresh Cactus Leaves



INGREDIENTS

Fresh Cactus Leaves

PREPARATION

1. Using a knife or vegetable peeler, peel around the edge of fresh cactus leaves. There is no need to remove all the skin. Scrape off any spines and dark areas.
2. Finely chop cactus leaves.
3. Serve or store cactus in refrigerator for up to three days in a covered plastic or glass container.

SERVING SUGGESTIONS

Try fresh cactus in salads, burritos, scrambled eggs and refried beans.

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Latino Basics

Roasted Chiles and Bell Peppers



INGREDIENTS

Chiles and Bell Peppers

PREPARATION

1. Under a broiler, in a 450°F oven or on a rack over a charcoal fire, place chiles and bell peppers. Turn occasionally until blackened on all sides.
2. Place roasted chiles and bell peppers in a plastic bag. Close bag and let stand until cooled.
3. Remove roasted chiles and bell peppers from plastic bag. Using a sharp knife, peel off the skin. Remove stems and seeds. Cut into strips.

SERVING SUGGESTIONS

Add roasted chiles and bell peppers to salads, tacos, tostadas and tortas.

4. Serve or store roasted chiles and bell peppers in refrigerator for up to three days in a covered plastic or glass container.

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Breakfast

Vegetable Scramble Sopes



Makes 4 servings
2 sopes per serving

INGREDIENTS

- 2 small eggs, lightly beaten
- 2 tablespoons 1% lowfat milk
- 2 zucchinis, grated
- 2 green onions, chopped

Nutrition Information Per Serving

Calories: 263
Carbohydrate: 47 g
Protein: 9 g
Total Fat: 5 g
Saturated Fat: 1 g
Cholesterol: 79 mg
Sodium: 34 mg
Dietary Fiber: 7 g

PREPARATION

1. In a medium bowl, mix eggs, milk, zucchinis, green onions and salt.
2. Heat a nonstick pan over medium heat. Pour egg mixture into pan and scramble. Cook thoroughly, about 5 minutes. Set aside.
3. Heat sopes in toaster. Spoon $\frac{1}{2}$ cup vegetable scramble topping on each sope. Serve.

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Breakfast

Chunky Apple Sopes



Makes 4 servings
2 sopes per serving

INGREDIENTS

- 4 large green or red apples, unpeeled, cored and chopped
- $\frac{1}{2}$ cup orange juice
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{2}$ teaspoon ground cinnamon
- 8 prepared sopes

PREPARATION

1. In a large saucepan, mix apples, orange juice, brown sugar and cinnamon. Cook over medium heat for 10 to 15 minutes or until apples are tender and mixture is thick. Set aside.
2. Heat sopes in toaster. Spoon $\frac{1}{2}$ cup chunky apple topping on each sope. Serve.

Calories: 425
Carbohydrate: 97 g
Protein: 6 g
Total Fat: 4 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 11 mg
Dietary Fiber: 11 g

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Breakfast

Tropical Turkey Sopes



Makes 4 servings
2 sopes per serving

INGREDIENTS

- 1 6-ounce lean, spicy turkey sausage, casing removed and meat crumbled (90% lean, 10% fat)
- 1 green bell pepper, seeded and chopped
- 1 8-ounce can pineapple chunks, drained
- 8 prepared sopes

Nutrition Information Per Serving

Calories: 322
Carbohydrate: 50 g
Protein: 15 g
Total Fat: 8 g
Saturated Fat: 2 g
Cholesterol: 31 mg
Sodium: 419 mg
Dietary Fiber: 6 g

PREPARATION

1. In a medium bowl, mix turkey sausage, green bell pepper and pineapple chunks.
2. Heat a nonstick pan over medium heat. Place turkey mixture in pan. Cook until turkey sausage is browned and bell pepper is tender, about 10 minutes. Set aside.
3. Heat sopes in toaster. Spoon $\frac{1}{2}$ cup tropical turkey topping on each sope. Serve.

Breakfast

Fruit Salad



Makes 4 servings
1/2 cup per serving

INGREDIENTS

- $\frac{1}{2}$ cup sliced banana
- $\frac{1}{2}$ cup chopped apple
- $\frac{1}{2}$ cup chopped papaya
- $\frac{1}{2}$ cup grapes
- $\frac{1}{2}$ cup orange juice

PREPARATION

1. In a medium bowl, mix all ingredients. Serve.

Calories: 109
Carbohydrate: 28 g
Protein: 1 g
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 3 mg
Dietary Fiber: 2 g

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Breakfast

Pancakes with Berries



Makes 4 servings
2 rolled pancakes per serving

INGREDIENTS

- 3 cups fresh or frozen berries (strawberries, blackberries and/or blueberries)
- 1/2 cup reduced sugar preserves, any flavor
- 2 cups fat free buttermilk pancake mix
- 1/2 cup lowfat sour cream or nonfat vanilla yogurt, optional*

PREPARATION

1. In a large saucepan, mix berries and preserves. Cook over medium heat until slightly thickened, about 5 minutes. Set aside.
2. In a large bowl, combine pancake mix with water according to package directions. Add enough water to make a slightly thin batter.
3. Pour 1/3 cup pancake batter onto hot griddle or into a large nonstick pan, allowing it to spread to about 6 inches. Cook until edges are dry. Flip over and cook until done.

* Not included in nutritional analysis.

Breakfast

Makes 4 servings
1 omelet per serving

Vegetable Omelet



INGREDIENTS

- 2 cups fresh vegetables, finely chopped (bell pepper, tomato, carrot, broccoli and onion)
- 1 tablespoon dried oregano
- Pinch of salt, optional*
- 4 small eggs
- 1/4 cup 1% lowfat milk
- Nonstick cooking spray
- 1/3 cup 1% lowfat cottage cheese
- 8 warm corn tortillas

PREPARATION

1. Heat a nonstick pan over medium heat. Add vegetables and oregano. Stir. Reduce heat to low. Cover and cook until vegetables are tender, about 3 minutes. Lightly season with salt, if desired. Set aside.
2. For each omelet, beat 1 egg with 1 tablespoon milk.
3. Spray a 6-inch pan with nonstick cooking spray. Heat pan over medium heat. Add egg mixture. Cook until almost set, gently lifting edges and letting uncooked egg run under the cooked portion.
4. Spoon 1/2 cup vegetable mixture and 2 tablespoons cottage cheese onto half of the cooked egg. Fold the other half of the egg over onto the vegetables and cottage cheese. Cover pan and cook until cottage cheese begins to melt.
5. Repeat steps 2, 3 and 4 for remaining omelets.
6. Serve each omelet with 2 corn tortillas.

* Not included in nutritional analysis.

** Does not meet 5 a Day criteria.

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Breakfast

Fruit Wrap

Makes 4 servings
1 wrap per serving

Nutrition Information Per Serving

Calories:	169
Carbohydrate:	37 g
Protein:	3 g
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	159 mg
Dietary Fiber:	3 g

INGREDIENTS

- 1 cup canned sliced peaches, drained
- 1/2 cup berries of your choice, such as raspberries, blueberries, or strawberries
- 1/2 cup sliced banana
- 4 6-inch flour tortillas
- 2 teaspoons sugar
- 1/4 teaspoon ground cinnamon

PREPARATION

- Place 1/4 cup peaches, 2 tablespoons berries, and 2 tablespoons banana in a 1-inch strip along the center of each tortilla.
- Combine sugar and cinnamon; sprinkle 1/2 teaspoon over the fruit.



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3. Fold in both sides of the tortillas and roll them up.
4. Microwave each wrap on HIGH for 1 minute or serve cold.

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Breakfast

Quick-N-Creamy Grape Shake

Makes 4 servings
1 cup per serving

Nutrition Information Per Serving

Calories:	151
Carbohydrate:	39 g
Protein:	2 g
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	2 mg
Dietary Fiber:	4 g

INGREDIENTS

- 2 cups red or green seedless grapes
- 2 bananas, peeled and sliced
- 2 oranges, peeled and quartered
- 12 to 16 ice cubes, crushed

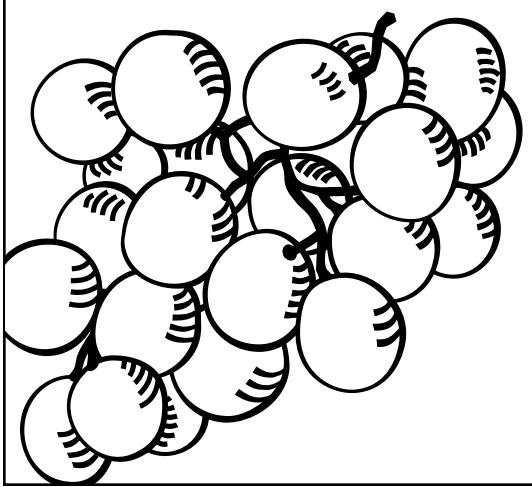
PREPARATION

1. Place grapes, bananas, oranges, and ice in blender.
2. Blend until smooth. Serve immediately.



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Lunch

Chicken Tortas



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Makes 4 servings
1 torta per serving

INGREDIENTS

- 1 1/2 pounds chicken pieces, skin removed
 - 1 15-ounce can low-sodium pinto beans
 - 4 bolillos or French bread rolls
 - 2 cups shredded iceberg or romaine lettuce
 - 1/2 cup thinly sliced radishes
 - 8 thin slices white onion
 - 1 cup fresh salsa
 - Crumbled queso añejo or shredded Monterey Jack cheese, optional*
- Calories: 462
Carbohydrate: 64 g
Protein: 35 g
Total Fat: 8 g
Saturated Fat: 2 g
Cholesterol: 66 mg
Sodium: 347 mg
Dietary Fiber: 12 g
- * Not included in nutritional analysis.

PREPARATION

- Place chicken in a large pot. Cover with water. Bring to a boil over high heat. Reduce heat to medium-low. Simmer, uncovered, until chicken is cooked thoroughly, about 30 minutes. Drain and let cool. Shred chicken.
- Meanwhile, place beans in a small saucepan. Cook over medium heat until warm. Lightly mash beans with a fork. Set aside.
- Cut each roll in half lengthwise.
- Divide chicken, beans, lettuce, radishes and onion evenly into four servings. Place one serving of ingredients on bottom half of each roll. Top with salsa. Sprinkle with cheese, if desired. Place other half of roll on top of each sandwich. Serve.

COOKING TIP

Beans can be heated in a microwave on HIGH for 1 to 2 minutes.

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Lunch

Meatball Soup



Makes 4 servings
1 1/2 cups per serving

INGREDIENTS

- 6 cups water
 - 1/3 cup rice
 - 3 low-sodium beef- or chicken-flavored bouillon cubes or 1 tablespoon low-sodium bouillon powder
 - 4 sprigs fresh oregano, finely chopped or 1 tablespoon dried oregano
 - 8 ounces lean ground beef, turkey or chicken (90% lean, 10% fat)
 - 1 tomato, finely chopped
 - 1/2 onion, finely chopped
 - 1 large egg
 - 1/2 teaspoon salt
 - 2 cups fresh vegetables (carrots, celery and broccoli)
- Calories: 212
Carbohydrate: 22 g
Protein: 17 g
Total Fat: 6 g
Saturated Fat: 2 g
Cholesterol: 86 mg
Sodium: 368 mg
Dietary Fiber: 2 g

PREPARATION

- In a large pot, combine water, rice, bouillon cubes and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.
- Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg and salt. Form into 24 large meatballs.
- Add meatballs to broth mixture and simmer 20 minutes.
- Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve.

COOKING TIP

Meatball Soup is delicious reheated, but you may need to add water or broth because the rice soaks up the liquid.

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Lunch

Cactus Salad



Makes 4 servings
1 1/2 cups per serving

INGREDIENTS

- 1** cup cleaned and finely chopped cactus leaf or 1 14-ounce jar cactus, drained and rinsed
- 1** small white onion, cut into thin wedges
- 1** serrano chile, finely chopped
- 3** tablespoons cider vinegar
- Pinch of salt, optional**
- 1** small head romaine lettuce, shredded
- 1** tomato, finely chopped
- 2** radishes, thinly sliced
- 2** tablespoons chopped fresh cilantro
- 2** tablespoons queso fresco or shredded mozzarella cheese as garnish, optional*
- Sodium:** 31 mg
- Dietary Fiber:** 5 g
- * Not included in nutritional analysis.

Lunch

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Tropical Smoothie



Makes 1 serving
1 1/2 cups per serving

INGREDIENTS

- 1/2** cup 1% lowfat milk
- 1/2** cup nonfat plain yogurt
- 1/2** cup chopped mango or pineapple
- 1** tablespoon sugar
- 1/4** teaspoon vanilla or coconut extract
- 5** ice cubes
- PREPARATION**
- 1.** Place all ingredients in a blender container.
- 2.** Blend until smooth. Serve.
- Calories:** 225
- Carbohydrate:** 42 g
- Protein:** 11 g
- Total Fat:** 2 g
- Saturated Fat:** 1 g
- Cholesterol:** 7 mg
- Sodium:** 157 mg
- Dietary Fiber:** 1 g

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PREPARATION

- 1.** In a medium bowl, mix cactus, onion, chile and vinegar. Add salt, if desired. Let stand 15 to 30 minutes.
- 2.** Place lettuce on a platter. Top with marinated cactus mixture, tomato, radishes and cilantro. Garnish with queso fresco or mozzarella cheese, if desired. Serve.

Lunch

Vegetable Medley with Salsa Dip



Makes 4 servings
1 cup vegetables and 1/2 cup salsa dip per serving

INGREDIENTS

- 2** carrots, cut into 3-inch sticks
- 2** celery stalks, cut into 3-inch sticks
- 1/2** jicama, peeled and cut into 3-inch sticks
- 1** bunch radishes, trimmed
- 6** green onions, trimmed
- 1** cup fat free sour cream
- 1** cup fresh salsa
- PREPARATION**
- 1.** Arrange vegetables on a platter.
- 2.** In a small bowl, mix sour cream and salsa. Serve.
- Calories:** 109
- Carbohydrate:** 22 g
- Protein:** 6 g
- Total Fat:** 0 g
- Saturated Fat:** 0 g
- Cholesterol:** 2 mg
- Sodium:** 247 mg
- Dietary Fiber:** 7 g

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Lunch

California Marinated Salad



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Makes 6 servings
1 cup per serving

INGREDIENTS

- 3 nectarines, chopped
- 1/2 pound fresh mushrooms, quartered
- 1 cup cherry tomatoes, halved
- 1/2 cup pitted ripe olives (optional)
- 1/3 cup chopped green onions
- 1 8-ounce can artichoke hearts
- 1 tablespoon vegetable oil
- 1/4 cup lemon juice
- 1/4 teaspoon sugar
- 1 teaspoon tarragon, crumbled
- 1/2 teaspoon thyme

Calories: 83
Carbohydrate: 14 g
Protein: 3 g
Total Fat: 3 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 24 mg
Dietary Fiber: 8 g

Recipe courtesy of the California Tree Fruit Agreement.

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Lunch

Pear Brown Rice



INGREDIENTS

- Makes 6 servings
1 cup per serving
- 3 tablespoons lemon juice
 - 2 teaspoons finely chopped garlic
 - 1/4 teaspoon ground ginger
 - 1/4 teaspoon ground black pepper
 - 2 pears, diced
 - 3 1/2 cups cooked brown rice
 - 1/2 cup chopped green onions
 - 1/2 cup grated carrots
 - 1/2 cup diced celery
 - 3 tablespoons vegetable oil
- Calories: 238
Carbohydrate: 39 g
Protein: 4 g
Total Fat: 8 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 21 mg
Dietary Fiber: 6 g

Recipe courtesy of the California Tree Fruit Agreement.

PREPARATION

1. In a small bowl, combine lemon juice, garlic, ginger and black pepper. Add pears to the mixture and set aside.
2. In a large bowl, combine brown rice and remaining ingredients. Gently fold in pears.
3. Serve immediately or chill in the refrigerator.

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Snacks

Quick Chilaquiles



Makes 4 servings
1 cup per serving

INGREDIENTS

2 cups fresh salsa

4 cups baked, unsalted tortilla chips

1/2 cup crumbled queso fresco or shredded Monterey Jack cheese

1/2 cup chopped white onion

Lime juice, to taste

Nutrition Information Per Serving

Calories: 167

Carbohydrate: 29 g

Protein: 7 g

Total Fat: 3 g

Saturated Fat: 2 g

Cholesterol: 9 mg

Sodium: 195 mg

Dietary Fiber: 4 g

PREPARATION

1. Place salsa in a nonstick pan. Cook over medium heat until hot. Add tortilla chips. Cook 2 to 3 minutes, stirring occasionally.
2. Place salsa and tortilla chips on a platter. Top with cheese and onion. Sprinkle with lime juice, to taste. Serve.

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Snacks

Strawberry Shake



Makes 2 servings
1 1/2 cups per serving

INGREDIENTS

1 1/2 cups strawberries, stemmed

2 cups 1% lowfat milk

2 tablespoons sugar

Nutrition Information Per Serving

Calories: 184

Carbohydrate: 32 g

Protein: 9 g

Total Fat: 3 g

Saturated Fat: 2 g

Cholesterol: 10 mg

Sodium: 124 mg

Dietary Fiber: 3 g

PREPARATION

1. Place all ingredients in a blender container.
2. Blend until smooth. Serve.

SERVING SUGGESTIONS

Use frozen strawberries for a frothy shake.

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Snacks

Taquitos



Makes 4 servings
3 taquitos per serving

INGREDIENTS

2 cups frozen vegetables, thawed (peas, carrots and corn)

1/3 cup crumbled queso añejo or shredded Monterey Jack cheese

12 corn tortillas, warmed

2 teaspoons vegetable oil

2 cups fresh salsa

1/2 avocado, chopped

Nutrition Information Per Serving

Calories: 393

Carbohydrate: 66 g

Protein: 12 g

Total Fat: 11 g

Saturated Fat: 3 g

Cholesterol: 12 mg

Sodium: 117 mg

Dietary Fiber: 13 g

PREPARATION

1. Heat oven to 450°F.
2. In a medium bowl, mix vegetables and cheese. Spoon 1/4 cup vegetable and cheese mixture down the center of each tortilla. Roll up tightly.

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Snacks

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Snacks

Vegetable Quesadillas



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Makes 4 servings
1 quesadilla per serving

Ingredients

- 1 large carrot, grated
- 1 zucchini, grated
- 8 flour tortillas
- 3/4 cup crumbled queso fresco or shredded Monterey Jack cheese
- Bottled hot sauce, to taste

Preparation

1. In a small bowl, mix carrot and zucchini.
2. Sprinkle 1/2 cup vegetable mixture over each of four tortillas. Top each tortilla with 3 tablespoons cheese. Sprinkle with hot sauce, to taste. Cover with a second tortilla.

Nutrition Information Per Serving

Calories:	359
Carbohydrate:	54 g
Protein:	14 g
Total Fat:	10 g
Saturated Fat:	3 g
Cholesterol:	14 mg
Sodium:	475 mg
Dietary Fiber:	4 g

3. Heat a nonstick pan over medium heat until hot. Place each quesadilla in pan. Cook 1 minute. Turn over and cook 1 minute longer or until hot and cheese melts. Cut each quesadilla into four quarters. Serve.

Cooking Tip

Quesadillas can be heated in the microwave using the following steps:

1. Wrap each quesadilla in plastic wrap.
2. Cook each quesadilla on HIGH for 1 minute. Serve.

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Snacks

Melon Cooler



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Makes 4 servings
3/4 cup per serving

Ingredients

- 2 cups melon, chopped (cantaloupe, honeydew or watermelon)
- 2 cups cold water

Preparation

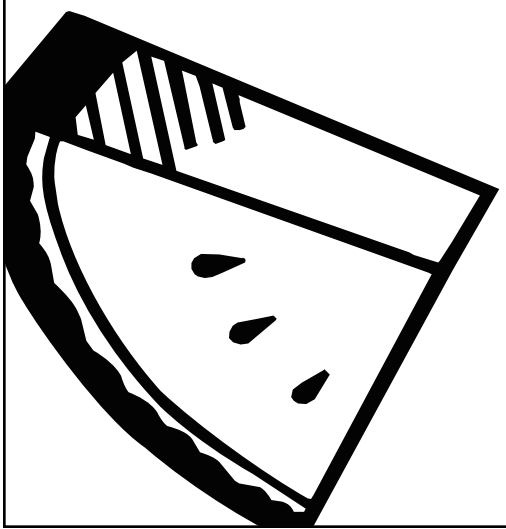
1. Place all ingredients in a blender container.
2. Blend until smooth. Serve.

Serving Suggestions

Blend 10 ice cubes with melon and water mixture for a slushy Melon Cooler.

Nutrition Information Per Serving

Calories:	28
Carbohydrate:	7 g
Protein:	1 g
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	8 mg
Dietary Fiber:	1 g



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Dinner

Chicken Vegetable Enchiladas



Makes 4 servings
2 enchiladas per serving

INGREDIENTS

- 1 1/4 pounds chicken pieces, skin removed
- 1 19-ounce can red or green enchilada sauce
- 8 corn tortillas, warmed
- 2 cups fresh or frozen vegetables (corn, green beans and carrots)
- 1/2 cup crumbled queso fresco or shredded Monterey Jack cheese

PREPARATION

1. Place chicken in a large pot. Cover with water. Bring to a boil over high heat. Reduce heat to medium-low. Simmer, uncovered, until chicken is cooked thoroughly, about 30 minutes. Drain and let cool. Shred chicken.

Sodium: 501 mg*
Dietary Fiber: 11 g
*Does not meet
5 a Day criteria.

Dinner

Flan with Fruit



Makes 4 servings
1 small flan and
1/2 cup fruit per serving

INGREDIENTS

- 1 3-ounce package flan mix
- 2 cups 1% lowfat milk
- 1/4 cup sugar
- 2 tablespoons water
- 1/2 teaspoon vanilla extract
- 1 teaspoon grated orange or lemon peel
- 1 cup strawberries, stemmed and each cut in half
- 1/2 cup green grapes, each cut in half
- 1/2 cup finely chopped mango

Nutrition Information Per Serving

Calories: 218
Carbohydrate: 48 g
Protein: 4 g
Total Fat: 2 g
Saturated Fat: 1 g
Cholesterol: 5 mg
Sodium: 70 mg
Dietary Fiber: 1 g

PREPARATION

1. Prepare flan according to package directions, using 1% lowfat milk.
2. Pour flan mixture into custard cups. Refrigerate 1 hour or until flan is set.
3. In a heavy saucepan, combine sugar and water. Cook over medium heat, stirring constantly, for 5 minutes until sugar is dissolved. Stir in vanilla extract and grated orange or lemon peel. Let cool slightly.
4. Place strawberries, grapes and mango in a medium bowl. Stir in warm sugar syrup. Let stand at least 20 minutes or refrigerate until serving.
5. To serve, unmold each flan. Place 1/2 cup fruit around each serving.

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Dinner

Potato Sauté



Makes 4 servings
1 cup per serving

INGREDIENTS

- 4 cups water
- 2 large russet potatoes, scrubbed and chopped
- 2 teaspoons vegetable oil
- 1 bell pepper, finely chopped
- 1 cup canned corn, drained
- 1 tomato, chopped
- $\frac{1}{2}$ teaspoon dried oregano
- Salt and pepper, optional*
- $\frac{1}{4}$ cup crumbled queso añejo or shredded Monterey Jack cheese
- Saturated Fat: 2 g
- Cholesterol: 9 mg
- Sodium: 193 mg
- Dietary Fiber: 4 g

* Not included in nutritional analysis.

Dinner

Grilled Chicken Kebobs



Makes 4 servings
2 skewers per serving

INGREDIENTS

- 8 large metal or wooden skewers*
- 2 cups grapes
- $\frac{3}{4}$ pound cooked skinless chicken breast, cut into 1-inch cubes
- 1 tablespoon vegetable oil
- $\frac{1}{4}$ cup lime juice
- 1 tablespoon crushed red chili peppers
- PREPARATION
- 1. On each skewer, alternate $\frac{1}{4}$ cup grapes with three cubes of chicken.
- 2. Brush lightly with vegetable oil. Sprinkle with lime juice and crushed red chili peppers.
- 3. Grill or broil for 5 to 8 minutes. Serve.

*If using wooden skewers, soak 10 minutes in cold water before assembling and cooking.

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Dinner

Quick Beans with Green Chiles



PREPARATION

1. In a large pan, bring water to a boil over high heat. Add potatoes. Cook until crisp-tender, about 5 minutes. Drain in a colander and pat dry. Set aside.
2. In same pan, add vegetable oil. Heat over high heat until hot. Add potatoes and bell pepper. Cook for 2 minutes. Stir in corn, tomato and oregano. Cook until vegetables are tender. Season with salt and pepper, if desired.
3. Sprinkle each serving with 1 tablespoon cheese. Serve.

SERVING SUGGESTION

Potato Sauté makes a great side dish for grilled or roasted meats. For a quick one-dish meal, top each serving of Potato Sauté with cooked lean turkey sausage.

Dinner

Quick Beans with Green Chiles



Makes 4 servings
 $\frac{1}{2}$ cup per serving

INGREDIENTS

- 1 15-ounce can low-sodium black beans
- 1 $4\frac{1}{2}$ -ounce can chopped green chiles
- 2 green onions, trimmed and finely chopped
- $\frac{1}{4}$ cup chopped fresh cilantro
- PREPARATION
- 1. In a medium saucepan, mix beans, green chiles and green onions. Cook over medium heat for 5 minutes.
- 2. Sprinkle cilantro on top of bean mixture. Serve.

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Dinner

Hearty Bean and Vegetable Soup



Makes 8 servings
2 cups per serving

INGREDIENTS

1/2 cup EACH dried pink beans, dried lentils, dried black beans,
yellow split peas, dried kidney beans, and dried black-eyed peas

8 cups water

1 smoked ham hock (about 1 1/2 pound)

1 teaspoon EACH dried basil, dried rosemary, dried marjoram, and
crushed red chilies

1/2 teaspoon EACH salt and black pepper

1 bay leaf

1 cup chopped onion

1/2 cup chopped carrots

1/2 cup chopped celery

2 14 1/2-ounce cans diced tomatoes, undrained

1 8-ounce can tomato sauce

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Dinner

Tortilla Pizzas



INGREDIENTS

Makes 6 pizzas
1 pizza per serving

12 small corn or flour tortillas

Vegetable oil or margarine

1 16-ounce can refried beans

1/4 cup chopped onion

2 ounces fresh or canned green chili peppers, diced

6 tablespoons red taco sauce

3 cups chopped vegetables, such as broccoli, mushrooms, spinach,
and bell pepper

1/2 cup (2 ounces) shredded part-skin mozzarella cheese

1/2 cup chopped cilantro (optional)

Calories: 240
Carbohydrate: 42 g
Protein: 10 g
Total Fat: 5 g
Saturated Fat: 2 g
Cholesterol: 10 mg
Sodium: 470 mg
Dietary Fiber: 8 g

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PREPARATION

1. Rinse the dried pink beans, lentils, black beans, yellow split peas, kidney beans, and black-eyed peas under cold running water. Place all the beans, lentils, and peas in a large bowl, then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain.
2. Combine the drained bean, lentil, and pea mixture, water, and ham hock in a large pot; bring to a boil. Add the spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour.
3. Discard the bay leaf. Remove the ham hock from the soup. Remove the meat from the bone; shred the meat with 2 forks. Return the meat to the soup. Serve the Hearty Bean and Vegetable Soup immediately.

SERVING SUGGESTIONS

Add chili peppers and/or bell peppers to the soup for more color, flavor, and vegetable servings.

PREPARATION

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, chopped onion, and half of the diced chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon of taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon of diced chili peppers, and 1 tablespoon of shredded cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

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Dinner

Vegetable and
Chicken Stir-Fry



Makes 6 servings
1 1/2 cups per serving

INGREDIENTS

- 3/4 pound boneless, skinless chicken breasts, cut in thin strips
 - 2 cloves garlic, minced
 - 2 teaspoons vegetable oil
 - 10 cups fresh or frozen vegetables of your choice, such as broccoli florets, snow peas, shredded cabbage, chopped bell pepper, chopped jicama, chopped onion, sliced mushrooms
 - Stir-fry sauce *
 - 3 cups hot cooked rice
- Calories: 280
Carbohydrate: 41 g
Protein: 19 g
Total Fat: 4 g
Saturated Fat: 1 g
Cholesterol: 35 mg
Sodium: 320 mg
Dietary Fiber: 5 g

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*Stir-Fry Sauce

- 3 tablespoons low-sodium soy sauce
 - 1 tablespoon rice vinegar or cider vinegar
 - 2 teaspoons sesame oil
 - 2 teaspoons cornstarch
- In a small bowl, mix sauce ingredients together.

PREPARATION

1. In a large skillet or wok, stir-fry chicken and garlic in hot oil until browned.
2. Add vegetables, cover and cook 5 minutes (longer if vegetables are still frozen), stirring occasionally. Cook until vegetables are tender but still crisp.
3. Stir in sauce; cook until sauce thickens.
4. Serve over warm rice.

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Celebration

Chicken Mole with Vegetables



Makes 6 servings
1 piece chicken, 1/2 cup mole and 3/4 cup vegetables per serving

INGREDIENTS

- 3 pounds chicken drumsticks and thighs, skin removed
 - 3 cups canned reduced-sodium chicken broth
 - 6 dried guajillo chiles, seeded
 - 6 tomatillos, husks removed, washed and chopped
 - 1 onion, chopped
 - 5 cloves garlic, peeled
 - 2 teaspoons ground cumin
 - 3 cups water
 - 4 chayotes, peeled and chopped
 - 3/4 pound green beans, trimmed
- Calories: 313
Carbohydrate: 23 g
Protein: 33 g
Total Fat: 10 g
Saturated Fat: 3g
Cholesterol: 87 mg
Sodium: 345 mg
Dietary Fiber: 9 g

PREPARATION

1. Place chicken and broth in a large pot. Bring to a boil over high heat. Reduce heat to medium-low. Simmer, uncovered, for 30 minutes.
2. In a large pan, cook chiles over low heat, turning frequently, until they change color and become fragrant. Stir in tomatillos, onion, garlic, cumin and 1 cup water. Bring to a boil over high heat. Cook, uncovered, for 5 minutes. Remove pan from heat. Let cool.
3. Place chile-tomatillo mixture (mole) in a blender container. Puree until smooth.
4. Return pureed mixture to pan. Cook over medium heat, stirring occasionally, until thickened, about 5 minutes.
5. Stir the thickened mole into chicken and broth. Simmer, uncovered, for 15 minutes.
6. Meanwhile, in a medium saucepan, bring 2 cups water to a boil over high heat. Add chayotes and green beans. Cook 5 minutes. Drain. Serve with chicken and mole.

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Celebration

Mexican Rice



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Makes 6 servings
1 cup per serving

INGREDIENTS

- Nonstick cooking spray
- 1 cup rice
- 1 medium yellow onion, chopped
- 1 clove garlic, chopped
- 2 cups hot water
- 2 low-sodium chicken-flavored bouillon cubes
- 1 8-ounce can tomato sauce
- 3 1/3 cups frozen vegetables (peas and carrots)
- 2 tablespoons chopped fresh cilantro

Calories: 185
Carbohydrate: 39 g
Protein: 6 g
Total Fat: 1 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 284 mg
Dietary Fiber: 4 g

Celebration



Tortilla Crepes with Fresh Fruit

Makes 6 servings
1 tortilla crepe and
1/2 cup fruit per
serving

INGREDIENTS

- 1/4 cup brown sugar
- Juice of 1 lime
- 1 small basket strawberries, stemmed and sliced
- 2 bananas, peeled and sliced
- 6 flour tortillas, warmed
- 3/4 cup lowfat ricotta cheese
- 1/4 teaspoon ground cinnamon
- 2 teaspoons margarine

Nutrition Information Per Serving
Calories: 279
Carbohydrate: 47 g
Protein: 8 g
Total Fat: 7 g
Saturated Fat: 2 g
Cholesterol: 9 mg
Sodium: 263 mg
Dietary Fiber: 3 g

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Celebration

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PREPARATION

1. Lightly spray a large saucepan with nonstick cooking spray.
2. Add rice to saucepan. Cook over medium heat, stirring occasionally, until lightly browned. Stir in onion and garlic. Cook for 2 to 3 minutes. Add hot water, bouillon cubes and tomato sauce, stirring until bouillon cubes are dissolved. Reduce heat to low. Cover and simmer for 20 minutes.
3. Add frozen vegetables. Cover and simmer for an additional 10 minutes or until all moisture is absorbed.
4. Sprinkle cilantro on top of cooked rice. Serve.

PREPARATION

1. In a large bowl, dissolve brown sugar in lime juice. Stir in fruit. Set aside.
2. Spread half of each warmed tortilla with 2 tablespoons ricotta cheese. Sprinkle cinnamon over ricotta. Fold tortilla in half.
3. Heat margarine in a nonstick pan over medium heat until melted. Add two folded tortillas. Cook, turning once, until warmed thoroughly. Remove to a platter or individual dessert plates. Repeat with remaining tortillas.
4. Spoon 1/2 cup fruit around each tortilla. Serve.

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Celebration

Tropical Fruit Platter



Makes 6 servings
1 cup per serving

INGREDIENTS

- 1 20-ounce can pineapple slices, each cut in half
- 1 small papaya, peeled and cut into wedges
- 1 mango, peeled and sliced
- 1 large basket strawberries, stemmed
- Juice of 1 lime

Nutrition Information Per Serving

Calories:	87
Carbohydrate:	22 g
Protein:	1 g
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	5 mg
Dietary Fiber:	4 g

PREPARATION

1. Arrange pineapple, papaya, mango and strawberries on a serving platter.
2. Sprinkle lime juice over fruit. Serve.

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Celebration

Grilled Vegetables



Makes 6 servings
1 cup per serving

INGREDIENTS

- 2 tablespoons vegetable oil
- 2 cloves garlic, finely chopped
- 3 sweet potatoes, cut into 1-inch slices
- 3 cobs of corn, cut into 2-inch sections
- 1 eggplant, cut into 1/2-inch slices
- 12 green onions, trimmed

Nutrition Information Per Serving

Calories:	177
Carbohydrate:	32 g
Protein:	4 g
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	20 mg
Dietary Fiber:	6 g

PREPARATION

1. Mix oil and garlic in a large bowl. Add vegetables and toss.
2. Place vegetables on broiler pan or grill. Cook 10 minutes, turning twice, until vegetables are tender.
3. Place vegetables on a platter. Serve.

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Eat 5 a Day for Better Health!

A fruit or vegetable serving is:

1. 1/2 cup of fresh, frozen or canned* fruits or vegetables

- 1 watermelon wedge
- 6 canned peach slices
- 10 string beans
- 6 whole strawberries
- 6 asparagus spears
- 8 baby carrots

*Canned fruit packed in 100% fruit juice.

2. 1 medium-sized piece of fresh fruit or vegetable

- 2 carrots
- 1 ear of corn
- 1 mango
- 1 tomato
- 2 apricots
- 20 grapes
- 9 broccoli florets

3. 1 cup raw leafy greens

4. 1/4 cup of dried fruit

5. 3/4 cup (6 ounces) of 100% fruit or vegetable juice

For more information about 5 a Day and physical activity, visit us at www.ca5aday.com or call 1-888-EAT-FIVE (1-888-328-3483).



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Seasonality Chart

The Seasonality Chart shows when fruits and vegetables are readily available throughout the year.

SPRING	FALL	YEAR ROUND
APRICOT ARTICHOKE ASPARAGUS COLLARD GREENS GRAPEFRUIT GREEN PEAS GUAVA MANGO ORANGE PAPAYA PARSNIPS STRAWBERRIES SWISS CHARD	BRUSSELS SPROUTS CANTALOUPE CHAYOTE CHERIMOYA COLLARD GREENS GRAPEFRUIT GRAPES GREEN BEANS KIWIFRUIT MELON MUSTARD GREENS PARSNIPS PEAR PERSIMMON SWEET POTATO SWISS CHARD TANGERINE TURNIP YAM	APPLE AVOCADO BANANA BEETS BELL PEPPER BOK CHOY BROCCOLI CABBAGE CACTUS CARROT CAULIFLOWER CELERY CHILE PEPPER CUCUMBER DRIED FRUIT EGGPLANT GARLIC GREEN ONION JICAMA KALE LEMON LETTUCE LIME MUSHROOMS ONION PINEAPPLE POTATO RADISHES RHUBARB SPINACH TOMATILLO TOMATO ZUCCHINI
SUMMER	WINTER	
APRICOT BERRIES BUTTERNUT SQUASH CANTALOUPE CHERRIES CORN CROOKNECK "YELLOW" SQUASH GRAPEFRUIT GRAPES GREEN BEANS GREEN PEAS MANGO MELON NECTARINE OKRA PAPAYA PARSNIPS PEACH PEAR PLUM STRAWBERRIES SUMMER SQUASH SWISS CHARD	BRUSSELS SPROUTS CHAYOTE CHERIMOYA COLLARD GREENS GUAVA KIWIFRUIT MUSTARD GREENS ORANGE PEAR TANGERINE TURNIP	

Eating Out the 5 a Day Way

Eating plenty of fruits and vegetables can be a challenge when you eat away from home. When you eat at a restaurant, here are a few simple tips that will help you enjoy more fruits and vegetables:

- Get off to a good start by ordering a plate of fresh fruit for breakfast.
- Select 100 percent fruit or vegetable juice.
- Order vegetable soup and a side salad for lunch.
- Order sandwiches or wraps that include several vegetables, such as lettuce, tomatoes, bell peppers, chile peppers, cucumbers, or other raw vegetables.
- Select vegetable pizzas for dinner with three or more vegetable toppings, such as bell peppers, onions, and mushrooms.
- Order stir-fry entrees that include a good portion of vegetables.
- Select taco salads with plenty of lettuce, tomatoes, beans, avocado, cabbage, and onion.
- Order steamed or grilled vegetables as a side dish.
- Order fresh fruit for dessert.



Eating at Work the 5 a Day Way

Eating fruits and vegetables while at work can be easy and tasty. Here are a few simple steps you can take to enjoy fruits and vegetables throughout your workday.

Bring 5 a Day Snacks

- Enjoy dried fruits, such as dried apricots and raisins, for a mid-morning snack.
- Eat crisp vegetables, such as baby carrots, celery, and broccoli florets, for a mid-afternoon pick-me-up.
- Drink 100 percent fruit or vegetable juice any time of the day.

Pack a Healthy Lunch

- Bring vegetables, like lettuce, tomato, and onion, to put on your sandwich.
- Add a piece of fruit, like a banana, plum, or mango, to your lunch.
- Have cut-up vegetables instead of chips.
- Keep a container of vegetables ready to go on the top shelf of your refrigerator so that it is easy to add them to your lunch.
- Bring a hearty salad with lowfat dressing.
- Pack leftover cooked vegetables and sprinkle with lemon juice.
- Bring a container of vegetable soup or vegetable stew.
- Pack salsa and corn tortillas.

Select Fruits and Vegetables at the Cafeteria

- Select raw or steamed vegetables instead of French fries.
- Choose a tasty salad with plenty of your favorite vegetables.
- Add extra lettuce, tomato, onion, and avocado to a sandwich.
- Order 100 percent fruit juice instead of soda.
- Choose fresh fruit for dessert.

Easy Steps to Advocate for 5 a Day and Physical Activity in Your Community

- 1. Bring together a group** of 5 to 10 people who are interested in advocating for 5 a Day and physical activity in your community. It would be ideal if you could continue to work with your group from class. If this is not possible, bring together friends, family members, neighbors or co-workers.

- 2. Determine what you want** to advocate for in your community. Choose one thing in your community that could increase fruit and vegetable consumption and one thing that could increase physical activity.

Here are a few examples of things you can advocate for in your community to increase fruit and vegetable consumption:

- Request that fast food restaurants in your community serve more fruits and vegetables at reasonable prices.
- Urge your local grocery store to sell quality fruits and vegetables at affordable prices.
- Request the establishment of a farmers' market in your community.
- Request that a community garden be placed in your neighborhood so that you and your neighbors can grow your own fruits and vegetables.

Here are a few examples of things you can advocate for in your community to increase physical activity:

- Work with local law enforcement to have a safe walking zone in your community.
- Request that the Department of Transportation construct bicycle lanes in your community so that you and your neighbors will be able to ride your bicycles safely.

- Work with your local schools to provide after-hours and weekend access to recreation facilities, gyms, and/or soccer fields.
- Work with the Department of Parks and Recreation to upgrade walking paths in your community park.

- 3. Work with your group to create a clear and concise problem statement** for your 5 a Day and physical activity issues.

Here are examples of 5 a Day problem statements:

- The fast food restaurants in our neighborhood do not serve fruits and vegetables at reasonable prices.
- The grocery store(s) in our neighborhood do not sell quality fruits and vegetables at affordable prices.
- There is not a farmers' market in our neighborhood.
- There is not a community garden in our neighborhood.

Here are examples of physical activity problem statements:

- Our neighborhood does not have safe areas where we can walk with our family members and friends.
- Our neighborhood does not have bicycle lanes, which makes it unsafe for us to ride our bicycles.
- Our local schools do not provide after-hours and weekend access to recreation facilities, gyms and/or soccer fields.
- The walking path in our neighborhood park is unsafe and difficult to walk on, because it is littered with trash.

Once your group has developed the problem statement, make sure all group members agree with the statement.

4. **Work with your group to list the steps** that will be taken to solve the 5 a Day and physical activity problems in your community. Once the group has completed the steps, make sure all group members agree with the solutions.
5. **Bring other people into your group** who can help solve the 5 a Day and physical activity problems and help advocate for your solutions. You may want to enlist the help of community leaders, local business owners, and local government agencies.
6. **Let appropriate decision-makers know** about the 5 a Day and physical activity problems that your group would like to solve. Make sure you clearly communicate your problem statements and steps needed to solve the problems.

Using the examples shown in steps 2 and 3, here are examples of decision-makers for the 5 a Day issues:

- Fast food restaurant owners, California Restaurant Association, and city and/or county officials.
- Grocery store owners, local distributors and wholesalers of fruits and vegetables, local farmers, and city and/or county officials.
- City and/or county officials, local farmers and farmer organizations, and representatives of the California Department of Food and Agriculture.

- Representatives of the Department of Parks and Recreation and the University of California Cooperative Extension.

Using the examples shown in steps 2 and 3, here are examples of decision-makers for the physical activity issues:

- Local law enforcement and city and/or county officials.
- Representatives of the Department of Transportation.
- School Principals and the District Superintendent.
- Representatives of the Department of Parks and Recreation.

Continue to discuss and advocate for your 5 a Day and physical activity solutions until a reasonable outcome is achieved.

To get more help in advocating for 5 a Day and physical activity in your community, visit the Center for Collaborative Planning Web site at <http://www.connectccp.org>. To get help in establishing a farmers' market in your community, visit <http://www.ams.usda.gov> and click on farmers markets.

5 a Day Community Assessment

Access to Fruits and Vegetables

This assessment will help you determine what is available in your community and what is needed to access quality fruits and vegetables. Take a walk through your community and fill out the *5 a Day Community Assessment*. After you have completed the assessment, you can use the information to educate your friends, family members, neighbors, and local government officials about what is needed in your community to make it easier to eat more fruits and vegetables.

Instructions:

For each question, mark “yes” if the 5 a Day resource is available in your community; “yes, but there are some problems” if the 5 a Day resource is available in your community, but it needs some improvements; and “no” if it does not exist in your community. If your community has the 5 a Day resource, use the following rating scale to evaluate its overall condition. If your community does not have the 5 a Day resource, skip to the next question and leave the rating scale blank.

Rating Scale:

1 = Awful 2 = Many problems 3 = Some problems 4 = Good 5 = Very good 6 = Excellent

1. Is there a grocery store in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The fruits and vegetables are too expensive
 - ☐ The fruits and vegetables are poor quality
 - ☐ The store does not have a good selection of fruits and vegetables
 - ☐ The store mostly sells fruits and vegetables that I am unfamiliar with
 - ☐ The store does not accept food stamps or WIC coupons
 - ☐ The store is not within walking distance of my home
 - ☐ I need my own car to get to the store and I don't own one
 - ☐ I cannot take public transportation to the store
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

2. Is there a farmers' market in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The fruits and vegetables are too expensive
 - ☐ The fruits and vegetables are poor quality
 - ☐ The market does not have a good selection of fruits and vegetables
 - ☐ The market mostly sells fruits and vegetables that I am unfamiliar with
 - ☐ The market does not accept food stamps or WIC coupons
 - ☐ The market is not within walking distance of my home
 - ☐ I need my own car to get to the market and I don't own one
 - ☐ I cannot take public transportation to the market
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

3. Is there a flea market or swap meet in your community that sells fruits and vegetables?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The fruits and vegetables are too expensive
 - ☐ The fruits and vegetables are poor quality
 - ☐ The market/swap meet does not have a good selection of fruits and vegetables
 - ☐ The market/swap meet mostly sells fruits and vegetables that I am unfamiliar with
 - ☐ The market/swap meet does not accept food stamps or WIC coupons
 - ☐ The market/swap meet is not within walking distance of my home
 - ☐ I need my own car to get to the market/swap meet and I don't own one
 - ☐ I cannot take public transportation to the market/swap meet
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

4. Is there a convenience store in your community that sells fruits and vegetables?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The fruits and vegetables are too expensive
 - ☐ The fruits and vegetables are poor quality
 - ☐ The store does not have a good selection of fruits and vegetables
 - ☐ The store mostly sells fruits and vegetables that I am unfamiliar with
 - ☐ The store does not accept food stamps or WIC coupons
 - ☐ The store sells only fruit and vegetable juice
 - ☐ The store is not within walking distance of my home
 - ☐ I need my own car to get to the store and I don't own one
 - ☐ I cannot take public transportation to the store
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

5. Is there a community garden where you can grow your own fruits and vegetables?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The garden does not have flexible hours
 - ☐ The garden does not have any available space
 - ☐ The garden is full of litter
 - ☐ The soil in the garden is contaminated
 - ☐ The garden is not located in a safe area
 - ☐ The garden is not within walking distance of my home
 - ☐ I need my own car to get to the garden and I don't own one
 - ☐ I cannot take public transportation to the garden
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

6. Is there a food bank in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The food bank does not have flexible hours
 - ☐ The food bank does not offer an adequate amount of fruits and vegetables
 - ☐ The food bank offers poor quality fruits and vegetables
 - ☐ The food bank is not in a safe area
 - ☐ The food bank is not within walking distance of my home
 - ☐ I need my own car to get to the food bank and I don't own one
 - ☐ I cannot take public transportation to the food bank
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

7. Are there restaurants in your community that have fruit and vegetable options on their menus?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
- (Mark all that apply)
- ☐ The fruit and vegetable choices are limited
 - ☐ The restaurants charge more for fruit and vegetable juice
 - ☐ The restaurants charge more when fruits and vegetables are substituted for other side dishes
 - ☐ The fruits and vegetables are poor quality
 - ☐ The restaurants only serve canned fruits and vegetables
 - ☐ The fruit and vegetable menu options are more expensive
 - ☐ The only options for eating fruits and vegetables are the salad bars
 - ☐ The restaurants are not within walking distance of my home
 - ☐ I need my own car to get to the restaurants and I don't own one
 - ☐ I cannot take public transportation to the restaurants
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6



Physical Activity Community Assessment

Access to Physical Activity Opportunities

This assessment will help you determine what is available in your community and what is needed to access quality physical activity opportunities. Take a walk through your community and fill out the *Physical Activity Community Assessment*. After you have completed the assessment, you can use the information to educate your friends, family members, neighbors, and local government officials about what is needed in your community to make it easier to do more physical activity.

Instructions:

For each question, mark “yes” if the physical activity resource is available in your community; “yes, but there are some problems” if the physical activity resource is available in your community, but it needs some improvements; and “no” if it does not exist in your community. If your community has the physical activity resource, use the following rating scale to evaluate its overall condition. If your community does not have the physical activity resource, skip to the next question and leave the rating scale blank.

Rating Scale:

1 = Awful 2 = Many problems 3 = Some problems 4 = Good 5 = Very good 6 = Excellent

1. Are there walking paths in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The paths are located in unsafe areas
 - ☐ The paths need to be repaired
 - ☐ The paths are littered with trash
 - ☐ The paths are not well lit
 - ☐ The paths are overcrowded with people
 - ☐ The paths are not within walking distance of my home
 - ☐ I need my own car to get to the paths and I don't own one
 - ☐ I cannot take public transportation to the paths
 - ☐ Other problems (please describe)
-
-

Rating: (circle one)

1 2 3 4 5 6

2. Is there a public swimming pool in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The pool is not open on the weekends
 - ☐ The pool is not open in the evenings
 - ☐ The pool is only open in the summer
 - ☐ The pool is outdoors and is not heated
 - ☐ The admission fee is too expensive
 - ☐ I do not know how to swim and the pool facility does not offer classes
 - ☐ The pool does not have a place to swim laps
 - ☐ The pool is overcrowded with people
 - ☐ The pool is located in an unsafe area
 - ☐ The pool is not within walking distance of my home
 - ☐ I need my own car to get to the pool and I don't own one
 - ☐ I cannot take public transportation to the pool
 - ☐ Other problems (please describe)
-
-

Rating: (circle one)

1 2 3 4 5 6

3. Is there a recreation center open to the public in your community?

- ☐ Yes ☐ No
☐ Yes, but there are some problems:
 (Mark all that apply)
☐ The center is not open on the weekends
☐ The center is not open in the evenings
☐ The center is only open in the summer
☐ The center does not have any activities I like
☐ The center has hours that do not fit into my schedule
☐ The center is located in an unsafe area
☐ The center is run down and needs to be repaired
☐ The center is overcrowded with people
☐ The center is not within walking distance of my home
☐ I need my own car to get to the center and I don't own one
☐ I cannot take public transportation to the center
☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

4. Are there bicycle lanes on the streets in your community?

- ☐ Yes ☐ No
☐ Yes, but there are some problems:
 (Mark all that apply)
☐ The bicycle lanes on the street need to be repainted
☐ Only some streets have bicycle lanes
☐ There are no bicycle lanes on the street where I live
☐ The bicycle lanes are not wide enough
☐ Cars in my community drive too close to the bicycle lanes
☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

5. Are there any bicycle trails in your community?

- ☐ Yes ☐ No
☐ Yes, but there are some problems:
 (Mark all that apply)
☐ The trails are located in unsafe areas
☐ The trails need to be repaired
☐ The trails are littered with trash
☐ The trails are not well lit
☐ The trails are overcrowded with people
☐ The trails are not near my home
☐ I need my own car to get to the trails and I don't own one
☐ I cannot take public transportation to the trails
☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

6. Are there parks, sports fields, and/or playgrounds in your community?

- ☐ Yes ☐ No
☐ Yes, but there are some problems:
 (Mark all that apply)
☐ They are located in unsafe areas
☐ They do not have good lighting
☐ They are old and need to be repaired
☐ The children's play structures are broken and dangerous
☐ They are littered with trash
☐ They are not open in the evenings
☐ They are overcrowded with people
☐ They are not within walking distance of my home
☐ I need my own car to get to the parks/sports fields/playgrounds and I don't own one
☐ I cannot take public transportation to the parks/sports fields/playgrounds
☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

7. Do the schools in your community offer after-hours access to their sports fields and/or gyms?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ They are not open on the weekends
 - ☐ They are not open in the evenings
 - ☐ They have hours that do not fit into my schedule
 - ☐ They are only open in the summer
 - ☐ The sports fields/gyms are in poor condition
 - ☐ Only students can use the sports fields/gyms
 - ☐ The sports fields/gyms are overcrowded
 - ☐ The schools are located in unsafe areas
 - ☐ The schools that are open are not within walking distance of my home
 - ☐ I need my own car to get to the schools and I don't own one
 - ☐ I cannot take public transportation to the schools
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

8. Does your community offer any physical activity programs?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The programs are only available in the summer
 - ☐ The programs are only available during the week
 - ☐ The programs are only offered when I am working
 - ☐ The programs are only for children
 - ☐ The programs are too expensive
 - ☐ The programs that are offered do not interest me
 - ☐ The programs are not within walking distance of my home
 - ☐ I need my own car to get to the programs and I don't own one
 - ☐ I cannot take public transportation to the programs
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

Walkability Checklist

How walkable is your community?

Take a walk with a family member or friend and decide for yourselves.

Everyone benefits from walking. But walking needs to be safe and easy. Take a walk with a family member or friend, and use this checklist to decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.



Getting started

First, you'll need to pick a place to walk, like the route to school, a friend's house, the grocery store, the park or just somewhere fun to go.

The second step involves the checklist. Read over the checklist before you go, and as you walk, note the locations of things you would like to change. At the end of your walk, give each question a rating. Then add up the numbers to see how you rated your walk overall.

After you've rated your walk and identified any problem areas, the next step is to figure out what you can do to improve your community's score. You'll find both immediate answers and long-term solutions under "Improving Your Community's Score..." on the third page.

How walkable is your community?

Take a walk and use this checklist to rate your neighborhood's walkability.

Location of walk _____

Rating Scale: 1 (Awful) 2 (Many Problems) 3 (Some Problems) 4 (Good) 5 (Very Good) 6 (Excellent)

1. Did you have room to walk?

- ☐ Yes ☐ Some problems (mark all that apply):
- ☐ Sidewalks or paths started and stopped
 - ☐ Sidewalks were broken or cracked
 - ☐ Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
 - ☐ No sidewalks, paths, or shoulders
 - ☐ Too much traffic
 - ☐ Something else _____

Location of problems: _____

Rating: (circle one) 1 2 3 4 5 6

2. Was it easy to cross streets?

- ☐ Yes ☐ Some problems (mark all that apply):
- ☐ Road was too wide
 - ☐ Traffic signals made us wait too long or did not give us enough time to cross
 - ☐ Needed striped crosswalks or traffic signals
 - ☐ Parked cars blocked our view of traffic
 - ☐ Trees or plants blocked our view of traffic
 - ☐ Needed curb ramps or ramps needed repair
 - ☐ Something else _____

Location of problems: _____

Rating: (circle one) 1 2 3 4 5 6

3. Did drivers behave well?

- ☐ Yes ☐ Some problems (mark all that apply):
- ☐ Backed out of driveways without looking
 - ☐ Did not yield to people crossing the street
 - ☐ Turned into people crossing the street
 - ☐ Drove too fast
 - ☐ Sped up to make it through traffic lights or drove through traffic lights
 - ☐ Something else _____

Location of problems: _____

Rating: (circle one) 1 2 3 4 5 6

4. Was it easy to follow safety rules?

Could you and your family member or friend...

- ☐ Yes ☐ No Cross at crosswalks or where you could see and be seen by drivers?
- ☐ Yes ☐ No Stop and look left, right and then left again before crossing streets?
- ☐ Yes ☐ No Walk on sidewalks or shoulders facing traffic where there were no sidewalks?

☐ Yes ☐ No Cross with the light?

Location of problems: _____

Rating: (circle one) 1 2 3 4 5 6

5. Was your walk pleasant?

- ☐ Yes ☐ Some unpleasant things (mark all that apply):
- ☐ Needed more grass, flowers, or trees
 - ☐ Scary dogs
 - ☐ Scary people
 - ☐ Not well lighted
 - ☐ Dirty, lots of litter or trash
 - ☐ Something else _____

Location of problems: _____

Rating: (circle one) 1 2 3 4 5 6

How does your neighborhood stack up?

Add up your ratings and decide.

Questions 1-5 Ratings Total: _____

- 26-30 Celebrate! You have a great neighborhood for walking.
- 21-25 Celebrate a little. Your neighborhood is pretty good.
- 16-20 Okay, but it needs some work.
- 11-15 There are some major problems that need to be addressed. Work with your neighbors to address them.
- 5-10 The problems are severe and need to be brought to the attention of your local leaders. Work with your neighbors to organize a plan of action.

Improving your community's score...

Now that you know the problems, you can find the answer.

1. Did you have room to walk?	What you and your family member or friend can do now	What you and your community can do with more time
<p>Sidewalks or paths started and stopped</p> <p>Sidewalks broken or cracked</p> <p>Sidewalks blocked</p> <p>No sidewalks, paths or shoulders</p> <p>Too much traffic</p>	<ul style="list-style-type: none"> • pick another route for now • tell local traffic engineering or public works department about specific problems and provide a copy of the checklist 	<ul style="list-style-type: none"> • speak up at board meetings • write or petition the city for walkways and gather neighborhood signatures • make media aware of problem • work with a local transportation engineer to develop a plan for a safe walking route
2. Was it easy to cross streets?		
<p>Road too wide</p> <p>Traffic signals made us wait too long or did not give us enough time to cross</p> <p>Crosswalks/traffic signals needed</p> <p>View of traffic blocked by parked cars, trees, or plants</p> <p>Needed curb ramps or ramps needed repair</p>	<ul style="list-style-type: none"> • pick another route for now • share problems and checklist with local traffic engineering or public works department • trim your trees or bushes that block the street and ask your neighbors to do the same • leave nice notes on problem cars asking owners not to park there 	<ul style="list-style-type: none"> • push for crosswalks/signals/parking changes/curb ramps at city meetings • report to traffic engineer where parked cars are safety hazards • report illegally parked cars to the police • request that the public works department trim trees or plants • make media aware of problem
3. Did drivers behave well?		
<p>Backed without looking</p> <p>Did not yield</p> <p>Turned into walkers</p> <p>Drove too fast</p> <p>Sped up to make traffic lights or drove through red lights</p>	<ul style="list-style-type: none"> • pick another route for now • set an example: slow down and be considerate of others • encourage your neighbors to do the same • report unsafe driving to the police 	<ul style="list-style-type: none"> • petition for more enforcement • request protected turns • ask city planners and traffic engineers for traffic calming ideas • ask schools about getting crossing guards at key locations • organize a neighborhood speed watch program
4. Could you follow safety rules?		
<p>Cross at crosswalks or where you could see and be seen</p> <p>Stop and look left, right, left before crossing</p> <p>Walk on sidewalks or shoulders facing traffic</p> <p>Cross with the light</p>	<ul style="list-style-type: none"> • educate yourself and your family members or friends about safe walking • organize parents in your neighborhood to walk children to school 	<ul style="list-style-type: none"> • encourage schools to teach walking safely • help schools start safe walking programs • encourage corporate support for flex schedules so parents can walk children to school
5. Was your walk pleasant?		
<p>Needs grass, flowers, trees</p> <p>Scary dogs</p> <p>Scary people</p> <p>Not well lit</p> <p>Dirty, litter</p>	<ul style="list-style-type: none"> • point out areas to avoid to your family members and friends; agree on safe routes • ask neighbors to keep dogs leashed or fenced • report scary dogs to the animal control department • report scary people to the police • report lighting needs to the police or appropriate public works department • take a walk with a trash bag • plant trees, flowers in your yard 	<ul style="list-style-type: none"> • request increased police enforcement • start a crime watch program in your neighborhood • organize a community clean-up day • sponsor a neighborhood beautification or tree-planting day • begin an adopt-a-street program

Improving your community's score (continued)...

Now that you know the problems, you can find the answer.

A Quick Health Check	What you and your family member or friend can do now	What you and your community can do with more time
<p>Could not go as far or as fast as we wanted</p> <p>Were tired, short of breath or had sore feet or muscles</p>	<ul style="list-style-type: none"> • start with short walks and work up to 30 minutes of walking most days • invite a friend or child along 	<ul style="list-style-type: none"> • get media to do a story about the health benefits of walking • call parks and recreation department about community walks • encourage corporate support for employee walking programs

Great Resources

*Need some guidance?
These resources might help...*

WALKING INFORMATION

Pedestrian and Bicycle Information Center (PBIC)
UNC Highway Safety Research Center
730 Airport Road, Suite 300
Campus Box 3430
Chapel Hill, NC
27599-3430
Phone: (919) 962-2202
www.pedbikeinfo.org
www.walkinginfo.org

National Center for Bicycling and Walking Campaign
to Make America Walkable
1506 21st Street, NW
Suite 200
Washington, DC 20036
Phone: (800) 760-NBPC
www.bikefed.org

WALK TO SCHOOL DAY WEB SITES

USA event: www.walktoschool-usa.org
International: www.iwalktoschool.org

STREET DESIGN AND TRAFFIC CALMING

Federal Highway Administration
Pedestrian and Bicycle Safety Research Program
HSR - 20
6300 Georgetown Pike
McLean, VA 22101

www.fhwa.dot.gov/environment/bikeped/index.htm

Institute of Transportation Engineers
www.ite.org

Surface Transportation Policy Project
www.transact.org

Transportation for Livable Communities
www.tlcnetwork.org

ACCESSIBLE SIDEWALKS

US Access Board
1331 F Street, NW
Suite 1000
Washington, DC 20004-1111
Phone: (800) 872-2253
(800) 993-2822 (TTY)
www.access-board.gov

PEDESTRIAN SAFETY

National Highway Traffic Safety Administration
Traffic Safety Programs
400 Seventh Street, SW
Washington, DC 20590
Phone: (202) 662-0600
www.nhtsa.dot.gov/people/injury/pedbimot/ped

National SAFE KIDS Campaign
1301 Pennsylvania Ave. NW
Suite 1000
Washington, DC 20004
Phone: (202) 662-0600
Fax: (202) 393-2072
www.safekids.org

WALKING AND HEALTH

Center for Disease Control and Prevention
Division of Nutrition and Physical Activity
Phone: (888) 232-4674
www.cdc.gov/nccdphp/dnpa/readysset
www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm

Prevention Magazine
33 East Minor Street
Emmaus, PA 18098
www.itsallaboutprevention.com

Shape Up America!
6707 Democracy Boulevard
Suite 306
Bethesda, MD 20817
www.shapeup.org

WALKING COALITIONS

America Walks
P.O. Box 29103
Portland, Oregon 97210
Phone: (530) 222-1077
www.americawalks.org

Partnership for a Walkable America
National Safety Council
1121 Spring Lake Drive
Itasca, IL 60143-3201
Phone: (603) 285-1121
www.nsc.org/walkable.htm

Health Benefits of Physical Activity

Physical activity can bring you many health benefits. When you enjoy doing moderate-intensity physical activity on a regular basis, you benefit by:

- Reducing your risk of coronary heart disease
- Reducing your risk of stroke
- Lowering both total blood cholesterol and triglycerides and increasing high-density lipoproteins (HDL or the "good" cholesterol)
- Lowering your risk of high blood pressure
- Reducing high blood pressure if you already have hypertension
- Lowering your risk of type 2 diabetes
- Reducing your risk of developing colon cancer
- Helping achieve and maintain a healthy body weight
- Reducing feelings of depression and anxiety
- Promoting psychological well-being and reducing feelings of stress
- Helping build and maintain healthy bones, muscles, and joints

Source: Adapted from the Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Why should I be active? Available at: <http://www.cdc.gov/nccdphp/dnpa/physical/importance/why.htm>. Accessed March 16, 2003.

Keeping FITT

Whether you are a person who does physical activity regularly or someone who is just getting started, the **FITT** formula, which stands for **F**requency, **I**ntensity, **T**ime, and **T**ype, can help you be more physically active. You can achieve greater health benefits and enjoyment by increasing the frequency, intensity, or time of your physical activities.

F stands for **F**requency:

Frequency is how often you do physical activity.

To help your body be healthy, it is best to be physically active every day.

If you are not physically active every day, do simple and fun activities, like walking, bicycling, and dancing, a little at a time until physical activity becomes a regular habit.

I stands for **I**ntensity:

Intensity is related to how hard you do physical activity. How hard you breathe, how fast your heart beats, and how warm your body feels all indicate your intensity level.

As you do more physical activity every day, you can gradually increase your intensity by walking more quickly and pumping your arms, bicycling up hills, and dancing at a fast pace with your family members and friends.

T stands for **T**ime:

Time is related to how long you spend doing physical activity.

It is important to do fun, moderate-intensity physical activity, like brisk walking, bicycling, and dancing, for at least 30 minutes every day for adults and at least 60 minutes every day for children. This can be done all at once or in easy, 10-minute intervals.

T stands for **T**ype:

Type is related to the type of physical activity you do.

It's important to do a variety of aerobic activities you enjoy, like brisk walking, bicycling, dancing, playing soccer, and swimming, for at least 30 minutes every day. As you have fun doing aerobic activities, consider adding some stretching and strength training exercises to your energizing routine 2 to 3 times per week.



5 a Day and Physical Activity Scoreboard

Name: _____ Name of Your 5 a Day and Physical Activity Buddy: _____

For each day of the week, circle the number of fruit and vegetable servings you ate and record the time you spent doing physical activity.

5 a Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegetables: 3 to 5 Servings/Day	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Fruit: 2 to 4 Servings/Day	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Physical activity for at least 30 minutes every day							
Stretching 2 to 3 days per week	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes
Aerobic Activity 3 to 5 days per week	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes
Strength Training 2 to 3 days per week	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes
Keep Moving Every Day	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes	Activity _____ minutes

Fruit and Vegetable and Physical Activity Goals for the Week

3 steps I need to take to meet my fruit and vegetable goal of 5 to 9 servings every day:

1. _____ 2. _____ 3. _____

3 steps I need to take to meet my physical activity goal of at least 30 minutes every day:

1. _____ 2. _____ 3. _____

My reward for meeting my fruit and vegetable goal is: _____

My reward for meeting my physical activity goal is: _____

For more information about 5 a Day and physical activity, visit us at www.ca5aday.com or call 1-888-EAT-FIVE (1-888-328-3483).

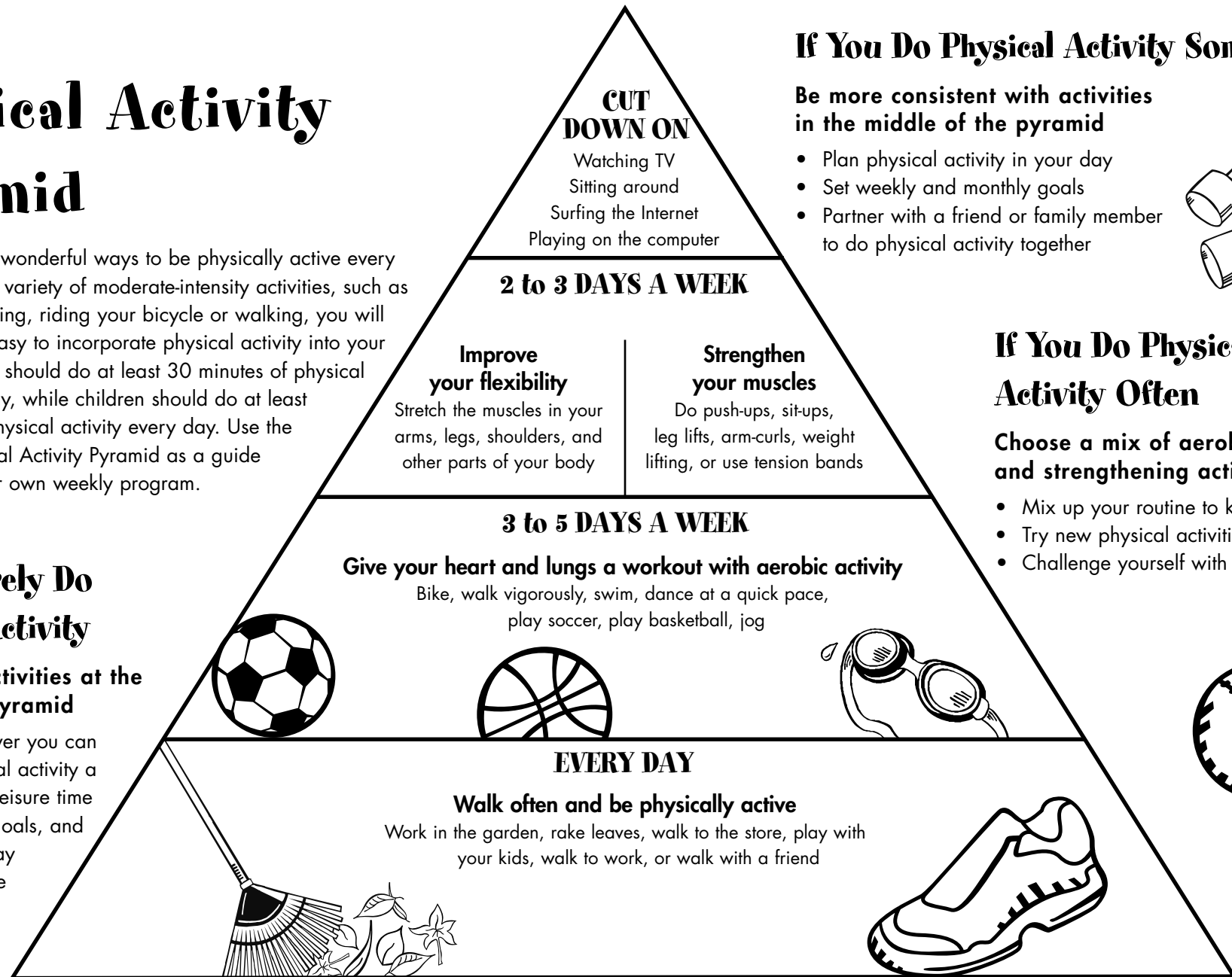
Physical Activity Pyramid

There are many wonderful ways to be physically active every day. By doing a variety of moderate-intensity activities, such as gardening, jogging, riding your bicycle or walking, you will find it fun and easy to incorporate physical activity into your daily life. Adults should do at least 30 minutes of physical activity every day, while children should do at least 60 minutes of physical activity every day. Use the following Physical Activity Pyramid as a guide for creating your own weekly program.

If You Rarely Do Physical Activity

Begin with activities at the base of the pyramid

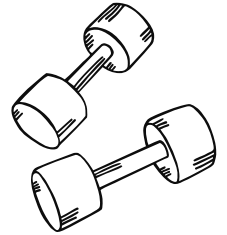
- Walk whenever you can
- Make physical activity a part of your leisure time
- Set realistic goals, and work your way up toward the middle of the pyramid



If You Do Physical Activity Sometimes

Be more consistent with activities in the middle of the pyramid

- Plan physical activity in your day
- Set weekly and monthly goals
- Partner with a friend or family member to do physical activity together



If You Do Physical Activity Often

Choose a mix of aerobic, flexibility and strengthening activities

- Mix up your routine to keep it fun
- Try new physical activities
- Challenge yourself with new goals



Source: Adapted from The Activity Pyramid. Pyramids of Health, Park Nicollet HealthSource. 2002.

For more information about 5 a Day and physical activity, visit us at www.ca5aday.com or call 1-888-EAT-FIVE (1-888-328-3483).

Target Heart Rate

Your target heart rate can help you determine how hard your body should be working when doing physical activity. You can also use the target heart rate to monitor your exertion level while being physically active.

Steps 1, 2, and 3 below show you how to calculate your target heart rate, how to monitor your exertion level when doing physical activity, and the benefits of being physically active at different levels of intensity.

STEP 1: Calculate your target heart rate using the following formula

- 1) $220 - \text{your age} = \text{maximum heart rate}$
- 2) $\text{Maximum heart rate} \times (.6) = \text{lower boundary of target heart rate (60\%)}$
- 3) $\text{Maximum heart rate} \times (.9) = \text{upper boundary of target heart rate (90\%)}$

This table will help you select a suitable intensity level for doing physical activity.

Your Fitness Level/Fitness Goal	Percent of Maximum Heart Rate
Just getting started/light effort	60% to 70% of Maximum Heart Rate
Average fitness/moderate effort	70% to 80% of Maximum Heart Rate
Excellent fitness/vigorous effort	80% to 90% of Maximum Heart Rate

STEP 2: Monitor your exertion level when doing physical activity

When doing physical activity, use your target heart rate and the following chart to determine your intensity level. During physical activity, take your pulse for 15 seconds and multiply the number by four to get your beats per minute. Compare your beats per minute with your age to see how hard your body is working.

AGE	Light Effort 60% to 70%	Moderate Effort 70% to 80%	Vigorous Effort 80% to 90%
	Beats/minute	Beats/minute	Beats/minute
15 - 19	121 - 144	141 - 164	161 - 185
20 - 24	118 - 140	137 - 160	157 - 180
25 - 29	115 - 137	134 - 156	153 - 176
30 - 34	112 - 133	130 - 152	149 - 171
35 - 39	109 - 130	127 - 148	145 - 167
40 - 44	106 - 126	123 - 144	141 - 162
45 - 49	103 - 123	120 - 140	137 - 158
50 - 54	100 - 119	116 - 136	133 - 153
55 - 59	97 - 116	113 - 132	129 - 149
60 +	90 - 112	105 - 128	120 - 144

Target Heart Rate

STEP 3: Know the benefits of being physically active at different levels of intensity

Whether you do light, moderate, or vigorous physical activity, your body can benefit from being active. It is important to do at least 30 minutes of moderately intense physical activity every day (70% to 80% of your maximum heart rate). If you are just getting started, you can still enjoy the health benefits of physical activity by doing a light effort (60% to 70% of your maximum heart rate). Remember, always start slowly and gradually increase your physical activity level as your physical fitness improves.

This table shows how intensity of physical activity relates to different health benefits.

Your Intensity Level	Health Benefits
Light effort - 60% to 70%	Fat burning
Moderate effort - 70% to 80%	Heart and lung benefits and fat burning
Vigorous effort - 80% to 90%	More heart and lung benefits and fat burning



Let's Get Active

Name three benefits of physical activity that are important to you.

1. _____
2. _____
3. _____

Name two physical activities that you enjoy doing by yourself.

1. _____
2. _____

Name two physical activities that you enjoy doing with your friends, family, or children.

1. _____
2. _____

What are three ways that you could add 10 to 15 minutes of physical activity into your busy day?

1. _____
2. _____
3. _____

Name two ways that you could add walking into your busy day.

1. _____
2. _____

Name three examples of physical activity that are fun and inexpensive.

1. _____
2. _____
3. _____

Name two places in your community where you can go to be physically active.

1. _____
2. _____

Name two organizations in your community that offer information on physical activity.

1. _____
2. _____

Physical Activity and Exercise Safety

Your personal safety must always be a top priority when doing any type of physical activity. The following information summarizes what you need to do before, during, and after physical activity in order to protect yourself from injury.

1. Dress Appropriately

- Your clothing should fit comfortably and be made of breathable fabric.
- Your shoes should be comfortable and provide good foot and ankle support.

2. Regular activity

- Daily physical activity for at least 30 minutes (60 minutes for children) will keep your body energized and at a healthy fitness level.
- Regular activity also will reduce the risk of sprains and strains from over exertion.

3. Progression

- If you have not been doing regular physical activity, begin with a light routine and gradually increase the intensity and duration of your activities as your fitness improves.
- Divide your 30 minutes of daily physical activity into three 10-minute periods and gradually increase the time as you progress.

4. Balance

- Engage in a variety of physical activities that include stretching, strength training, and aerobic fitness.
- Having a variety of activities will ensure your whole body enjoys the benefits of being physically active. A variety of activities also will reduce boredom and give you many options for sharing physical activity time with friends and family members.

5. Always Warm-up

- Do 3 to 5 minutes of easy aerobic activity, such as jogging-in-place or light walking, to gradually increase your heart rate, breathing and circulation.

- Do slow joint rotation exercises, such as arm circles and ankle rotations, to gradually increase the range of motion of your joints. Work each major joint for 10 seconds.
- Do slow stretching to gradually loosen your muscles and tendons for the upcoming activity. Do each stretch for 10 to 15 seconds.
- Do light calisthenics, such as jumping jacks.
- Begin the activity slowly and gradually increase your intensity.

6. Always cool down

- Never suddenly stop, especially when doing vigorous exercise. Gradually decrease your activity over a 3- to 5-minute period.
- If you are running, gradually reduce the intensity to light jogging. If you are walking vigorously, gradually reduce the intensity to a casual pace.
- Repeat the stretches you did during your warm-up. Hold stretches for 15 to 20 seconds. Be careful not to overstretch your muscles.

7. Drink plenty of water.

- Avoid dehydration by drinking plenty of water before, during, and after your activity.

8. Allow plenty of time between the time you eat and the time you do physical activity.

- Make sure you allow at least 3 hours between the time you eat and the time you begin your physical activity.
- The meal you eat should be light and easily digestible. You should avoid eating foods that are high in fat, protein or fiber, as well as foods known to be gas-forming.
- Examples of foods to eat before doing physical activity are pasta, bagels, and cereal.

Physical Activity and Exercise Safety

9. Monitor your intensity level during the activity. (See the following table)

Light effort	Moderate effort	Vigorous effort
<ul style="list-style-type: none"> • Light walking • Washing the car • Easy gardening • Hide and seek • Light dancing • Stretching 	<ul style="list-style-type: none"> • Brisk walking • Bicycling • Raking leaves • Swimming • Dancing • Water aerobics • Hiking 	<ul style="list-style-type: none"> • Aerobics • Jogging • Soccer • Basketball • Fast swimming • Fast dancing • Fast biking
Self-monitoring questions: How does it feel? How warm am I? What is my breathing like?		
<ul style="list-style-type: none"> • Start to feel warm • Slight increase in breathing rate and heart rate • Able to talk and laugh comfortably 	<ul style="list-style-type: none"> • Feeling warmer, lightly perspiring • Faster breathing rate and heart rate • Able to talk without being out of breath 	<ul style="list-style-type: none"> • Quite warm, perspiring • Fast breathing rate and heart rate • Able to talk a little bit without being out of breath

10. If you experience any of the following symptoms, STOP doing the physical activity.

- Chest discomfort
- Nausea
- Sudden shortness of breath
- Lightheadedness
- Dizziness or palpitations
- Sharp or significant joint or muscle pain
- Consult your health care provider if any of these symptoms occur.

11. Talk to your doctor or health care provider.

- Always consult with your physician or health care provider before beginning any physical activity program.

12. Always take care of your personal safety.

- Walk or jog with a partner in a well lit and safe area.

Stretching Exercises

Before and after doing physical activity, it is very important to stretch in order to reduce the risk of injuries, such as muscle strains. Stretching exercises also help to increase your body's flexibility. Improving your flexibility is an important part of being physically active, and it helps to keep you physically fit.

The **FITT formula**, which stands for **F**requency, **I**ntensity, **T**ime and **T**ype, can be used for all types of stretching, and it is an excellent tool for monitoring your progress.

Frequency: Do stretching exercises after your physical activity warm-up and as part of your physical activity cool-down. Do stretching exercises daily to improve your body's flexibility.

Intensity: Always warm-up before stretching. Stretch your muscles to the point of mild tension, but not to the point of pain. Stop immediately if you feel a sharp pain.

Time: Hold the stretch without bouncing for 10 to 15 seconds when you warm up and cool down. Hold the stretch without bouncing for 30 seconds or more to improve your flexibility.

Type: Use static stretches. Static stretching is the gradual lengthening of muscles and tendons as a body part moves around a joint.

Remember to always consult with your physician or health care provider before beginning any physical activity program.

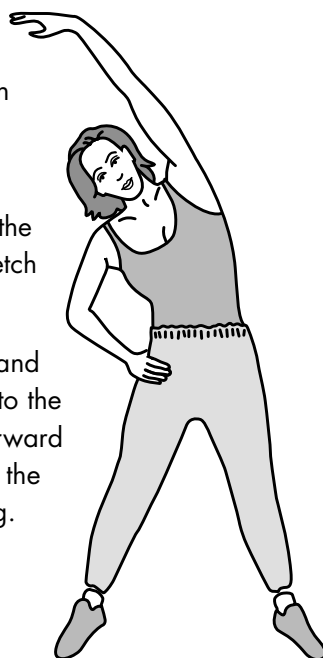
Side Bends

Stand with your feet shoulder width apart, keeping a slight bend in your legs.

Slowly reach one arm over your head and to the side until you feel a stretch along your side.

Keep your hips steady and your shoulders straight to the side. Avoid leaning forward or backward, and hold the stretch without bouncing.

Hold for 10 to 15 seconds. Repeat on the opposite side.



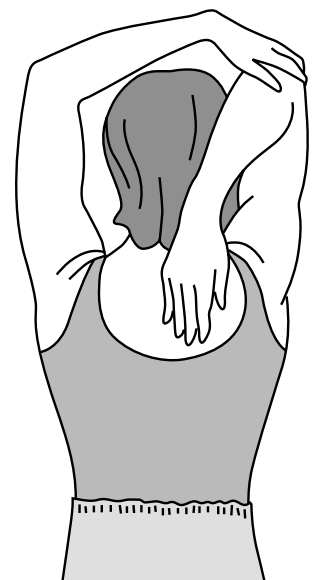
Triceps Muscle Stretch

Sit or stand tall with good posture.

Place one arm behind your head, with your hand facing toward your back and down your spine.

Use the other hand to push down gradually on the elbow joint, while slowly increasing the stretch on the triceps muscle.

Hold for 10 to 15 seconds. Repeat on the opposite side.



Stretching Exercises

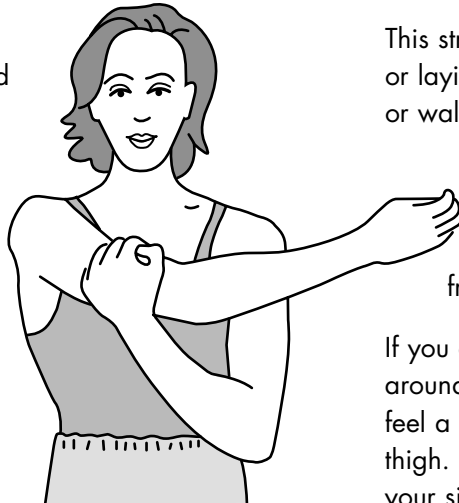
Shoulder stretch

This stretch can be completed while seated or standing.

Take one arm and reach across the front of your chest. Use the opposite hand to push the arm into your chest at a point just above the elbow joint.

Keep the arm straight and breathe comfortably.

Hold for 10 to 15 seconds, and repeat with the other arm.



Leg curl stretch

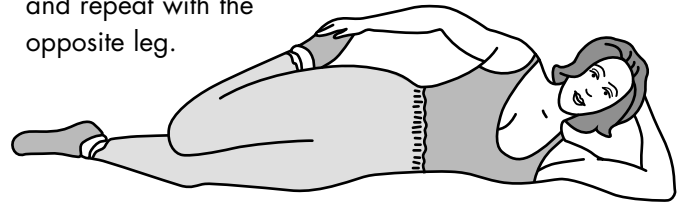
This stretch can be performed either standing or laying on your side. If standing, use a chair or wall for support.

Grab one leg at the ankle. Slowly pull your heel up towards your bottom, while gradually stretching the muscles at the front of your thigh.

If you cannot reach your ankle, wrap a towel around your ankle and pull on the towel until you feel a stretch in the muscles at the front of your thigh. This version should be done lying on your side.

Keep your knees together and back straight throughout the stretch.

Hold for 10 to 15 seconds, and repeat with the opposite leg.

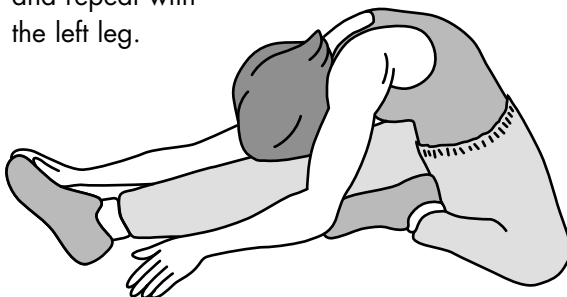


Hurdler stretch

Sit on the floor with your right leg straight out and your left leg folded inward with the bottom of your left foot touching the inside of your right thigh.

With your right hand, reach toward your right ankle until you feel the stretch in your calf and rear thigh muscles. Continue the stretch without bouncing.

Hold for 10 to 15 seconds, and repeat with the left leg.



Stretching Exercises

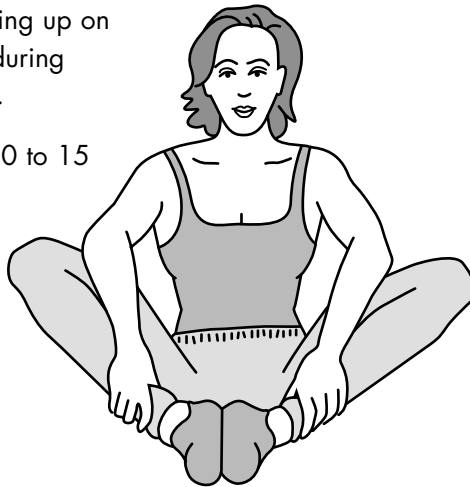
Inner thigh stretch

Sitting on the floor with the soles of the feet together, place your hands either around your ankles or the lower part of your legs.

While keeping your back straight, gently move your knees toward the floor. Using your elbows, gradually apply pressure against the inner knee until you feel a steady stretch on your inner thigh muscles.

Avoid pulling up on your feet during the stretch.

Hold for 10 to 15 seconds.



Calf stretch

Standing with one foot in front of the other, place both feet approximately two feet apart.

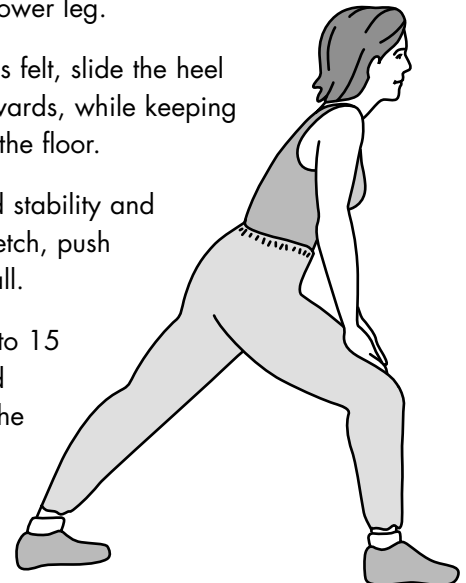
Lean forward with the knee of your front leg over the ankle joint. Keep your rear leg and your back in a straight position.

Press the heel of your back leg into the floor until a stretch is felt in the calf muscle in the back of the lower leg.

If no stretch is felt, slide the heel slowly backwards, while keeping both feet on the floor.

For improved stability and a greater stretch, push against a wall.

Hold for 10 to 15 seconds, and repeat with the opposite leg.



Dance Your Way to 30 Minutes a Day

5 a Day Dance Movements

March in place for 10 to 20 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 March in place with bicep arm curls for 10 to 20 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 March in place with forward punching arms for 10 to 20 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 Step together with clap for 10 to 20 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 Step together with bicep arm curls for 10 to 20 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 Step together 2 times for 10 to 20 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 Step together 2 times and clap for 10 to 20 counts

Dance Movements

As featured in the chorus of the *Living the 5 a Day Way* song:

Push hands up, out front, hands down, and jump up
 Push hands up, out front, hands down, and jump up
 Step to the left side 2 times
 Step to the right side 2 times
 Step to the left side, step to the right side
 Step to the right side, step to the left side
 Twist down
 Twist up
 Push hands up and spin around

Dance Movements Defined

Bicep Arm Curls: Arms are straight out in front with palms facing up. Bend elbows and pull hands in toward shoulders.

Punching Arms: Arms are bent at sides with hands in a fist. Punch right arm out and back. Repeat with left arm.

Step Together: Step to the right with right foot, step together with left foot. Step to the left with left foot, step together with right foot.

Step Together 2 times: Step together twice in the same direction.

Optional Dance Movements

Knee Lifts: Lift knee and bend. Repeat with opposite knee. Keep back straight.

Kick Backs: Place feet shoulder width apart. With right foot stationary, bend left leg at the knee and kick heel back. Repeat movement with right leg.

Circular Arms Forward: Arms are straight at sides, lift right arm and rotate forward to make a full circle until arm is straight at side again. Repeat with left arm.

Circular Arms Backward: Arms are straight at sides, lift right arm and rotate backward to make a full circle until arm is straight at side again. Repeat with left arm.

Push Up Arms: Push right hand straight up toward the ceiling. Return right hand to side. Repeat with left hand. Push both hands straight up toward the ceiling. Return both hands to side.

Arching Arms: Arms are straight at sides with palms open, lift both arms to create an overhead arch and return to side.

Tips

- Feel free to vary the movements to your own pace and comfort level.
- Make up additional steps, or use the movements listed in the "optional dance movements" section of this handout.